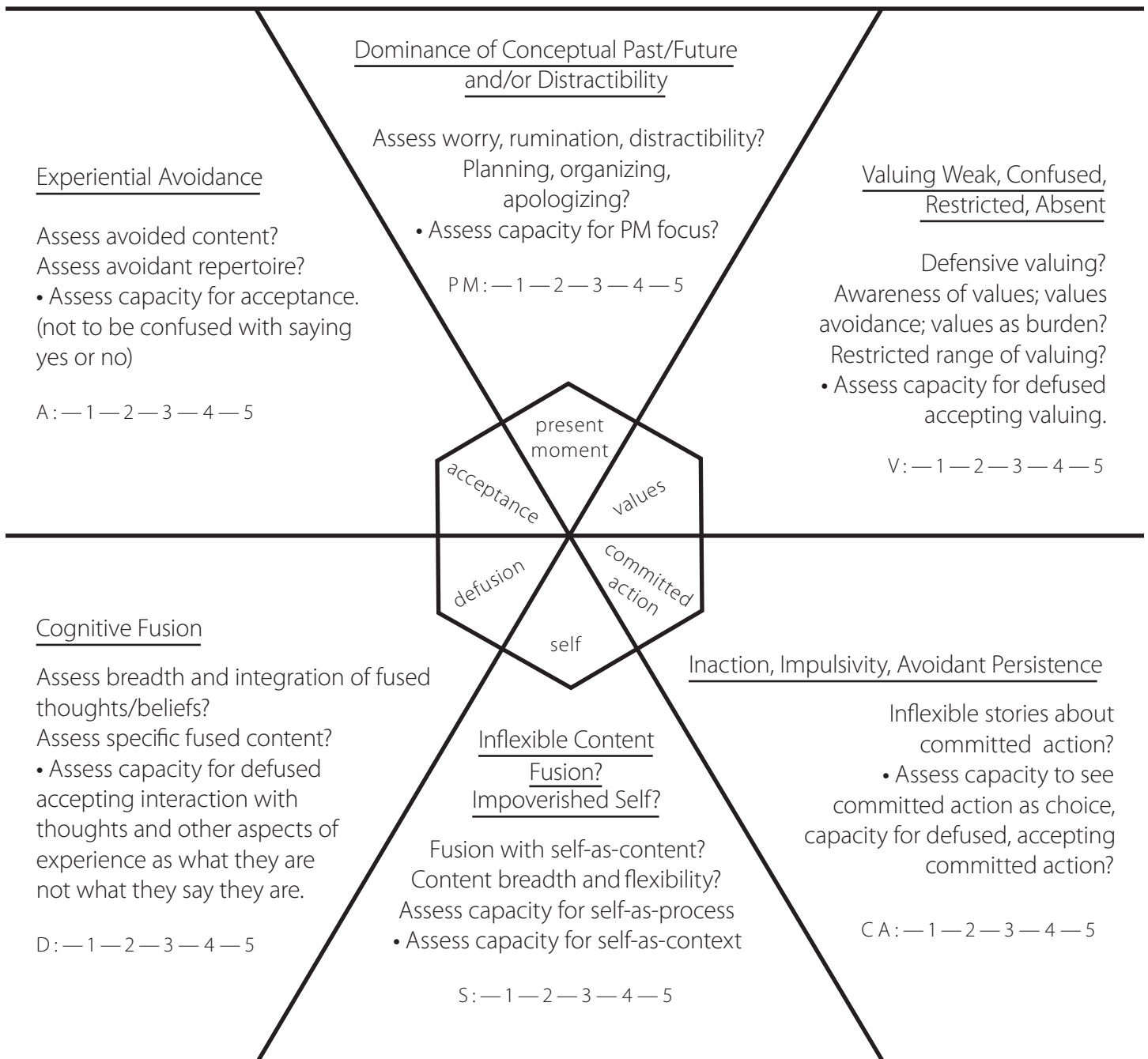


Hexaflex Diagnostic and Assessment

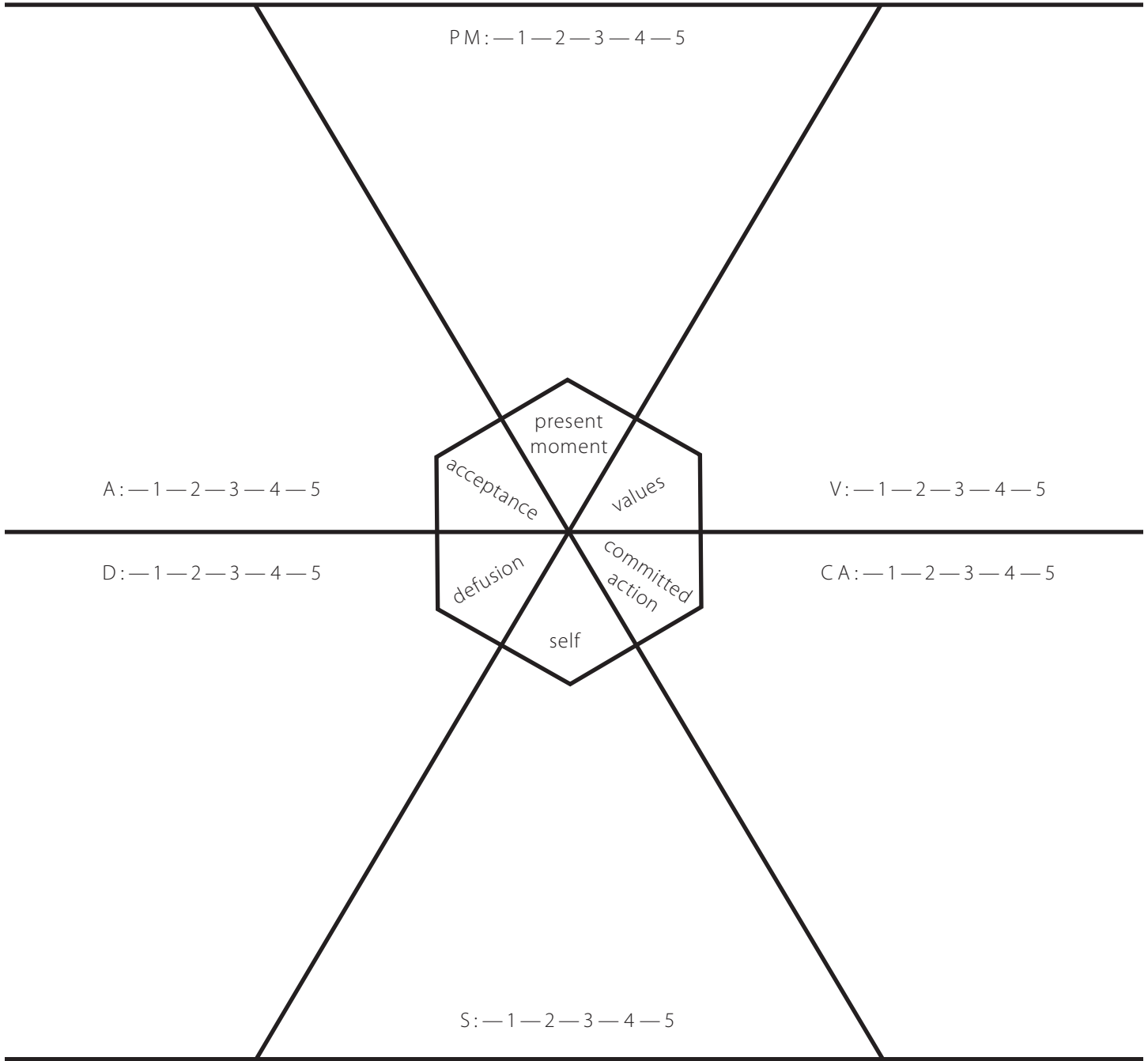


Hexaflex Diagnostic and Assessment Worksheets

The hexaflex diagnostic is a functional dimensional approach to case conceptualization, assessment, and “diagnosis.” It is intended to link assessment of functioning on clinically relevant dimensions to interventions. The approach is explicitly tied to a ACT and behavior theory more generally. The diagram above provides some domain specific orientation to common clinical difficulties within the dimension. The rating scale for each domain is intended as a general estimate of functioning within the domain with 1 as low functioning and 5 as high functioning. The worksheets should not be approached as a mere gathering of information. Deliberate, present moment focused questioning will give the best estimate of both capacities and for areas for therapeutic focus.

Hexaflex diagnostic note pages can be used to conceptualize therapist and client functioning in a given session. High scores connote optimal functioning. Low scores connote poor functioning. Note sheets can also be used as case notes to describe focus of intervention in a session and functioning with each noteworthy domain

Hexaflex Diagnostic and Assessment



date: _____

client ID: _____

Present Moment Worksheet

Capacity for Present Moment Focus: Assess client’s ability to be in the present moment. Assess using relatively benign content, such as a simple breathing meditation. Also assess with respect to more challenging material. Watch for changes in pace during therapy. Assess clients capacity to slow, focus, and retain that pace during ongoing interactions in therapy

date: _____

client ID: _____

Acceptance/Experiential Avoidance Worksheet

Avoided Content: Assess content that is unacceptable. Remember, even things that seem pleasant may take on aversive qualities. Intimacy may be highly valued and terrifying. Content may take any form. Aversives are simply things an individual would work to postpone, eliminate, avoid, or to reduce in intensity and duration. Although experiential avoidance refers to aspects of one's experience that are avoided, you should also list external events that the client avoids in this section. Often external events are experienced as aversive in their own right. For example, situations involving interpersonal conflict may be avoided. Individuals doing so may find that these situations generate anxiety, fear, and memories of conflict that are also avoided. Remember that experiential avoidance may take many forms. What is the client rationalizing, tolerating, ignoring, or experiencing with resignation (which sometimes looks a bit like acceptance, but without the vitality). Where you see these you will find avoided content. Many of the items listed here will also be important as potential areas for defusion work. List external events, bodily states, emotions, thoughts, memories, urges, cravings, memories that are avoided. Finally, list the personal qualities clients see themselves as lacking (e.g., courage, intelligence?).

date: _____

client ID: _____

Specific aspects of experience the client avoids or struggles to tolerate: thoughts, urges, bodily sensations, memories, emotions....

Situations the client avoids or struggles to tolerate: conflict, intimacy, social settings...

Things the client wishes were more so: courage, honesty, intelligence...

Acceptance/Experiential Avoidance Worksheet

Avoidant Repertoires: Means of avoidance need not appear to be avoidant. Avoidance is defined by the extent to which a response allows the client to avoid, escape, or attenuate the aversive content listed previously. Asking a client how they cope (e.g., get busy, distract, think positive thoughts). What clients do when such content emerges will provide a starting place for our list of avoidant repertoires. Remember, the form of avoidance does not have to look pleasant. Depending on a client's history, getting angry might help him or her to avoid feeling sad. Conversely, getting sad may help him or her to avoid feeling angry. Avoidance does not even always have to look like avoidance, so things like "putting up with," resignation, tolerating, fighting, and rationalizing might all be means of avoiding.

date: _____

client ID: _____

Fusion/Defusion Worksheet

date: _____

client ID: _____

Fusion: Assess fused thoughts, beliefs, emotions, evaluations. stories about “how the world is,” “what happened (past fusion),” “what the future will be like (future fusion),” why clients believe they have the problems they have (past fusion), beliefs about what would have to happen in order for them to move ahead in life and whether that is viewed as possible. Include stories about people in the client’s life, especially when “how they are” is a strong theme. Stories about past, future, and current situation that have the feel of inflexibility. Work to get a felt sense of the interiority of these stories (bring present moment focus to them). Stay out of conversations about the veracity of possibility/impossibility, truth/falsity, or justice/injustice of the stories, except to get a felt sense of the clients experience of possibility/impossibility, truth/falsity, or justice/injustice—stay mindful, these will hook you!

Past-Fusion

Future-Fusion

World-Fusion

Others-Fusion

Self Worksheet

date: _____

client ID: _____

Self-as-Content: Assess breadth and flexibility of content. Use the Valued Living Questionnaire as a guide in this conversation.

Self-Fusion/Avoidance: List content of self-as-content fusion—fusion with “my story” possibly including a story about “I don’t know why I am how I am.” Assess capacity to experience self as distinct from content. Self-as-process exercises can sometimes be the simplest way to both assess and shape this capacity.

Values Worksheet

date: _____

client ID: _____

Valued Patterns: Describe domains of valued living as dynamic, ongoing patterns. Generate short narratives in relevant valued domains. Linger inside the questions about valued domains before allowing any answers. Stay in the questions. Again, this is not mere information gathering. Mindful appreciation is key.

Values Fusion/Avoidance: Values areas/content where a sense of constraint, "impossible," "have to," or "values as burden" emerges. Capacity to be present to values and to **action or non-action** as a choice. It is in this place that freedom lives, where choice is real and not under aversive control.

Commitment Worksheet

date: _____

client ID: _____

Domain and Specifics of Commitment: Assess domains of committed action and meaning of commitment. In a world where the client could make and keep commitments, what commitments would they make and keep? What is a major commitment they would like to make and keep? What small, but meaningful commitment would they like to make and keep? Very present moment focused assessment will be helpful here.

Commitment Fusion/Avoidance: Assess client stories about commitment—especially failures, inevitabilities, or any story that contains a strong sense of limitation or constraint. You will find these if you mindfully examine commitments in valued domains using the questions above.
